



# Professional Coaching Services

Presented by:

Walk The Talk Consultancy

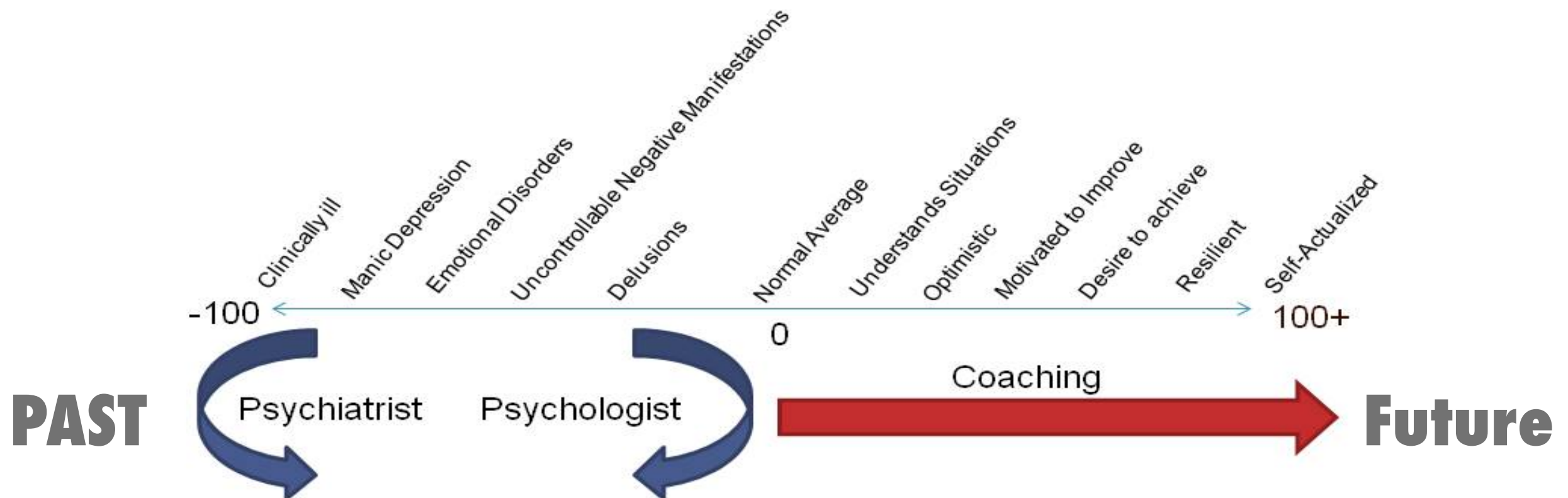
Contact: (852) 9463 7410

Email: [leevicky@gmail.com](mailto:leevicky@gmail.com)



# What's Coaching

| Method            | Expert                                    | Focus             | Process  |
|-------------------|---|-------------------|--|
| <b>Coaching</b>   | The <i>client</i> is the expert           | Create the future | <i>Coaches</i> ask questions to help the client discover their own answers that will help them achieve their goals and use accountability to ensure follow-through |
| <b>Consulting</b> | The consultant is a subject matter expert | Solve problems    | <i>Consultants</i> ask questions to uncover the issues, analyze discoveries and prescribe a specific course of action  |
| <b>Counseling</b> | The counselor is a licensed expert        | Heal the past     | <i>Counselors</i> ask questions to diagnose the problem (i.e., psychological conditions) and help the patient start healing or deal with the condition.            |





# Why Coaching Works

There are an estimated 47,500 professional coaches across the world bringing in an annual income close to **\$2 billion** each year.



*In fact, 96% indicated they would repeat the process given the same circumstances that prompted them seeking a coach in the first place.*



## Increased Productivity

Professional coaching explicitly targets maximizing potential and in doing this unlocks latent sources of productivity and effectiveness. At the heart of coaching is a creative and thought-provoking process that supports individuals to confidently pursue new ideas and alternative solutions with greater resilience in the face of growing complexity and uncertainty.



## Positive People

In the face of uncertainty caused by workforce reductions and other factors, expectations remain very high. Restoring self-confidence and self-trust to face the challenges is critical to meet organizational demands.



## Return on Investment

The coach-client relationship generates learning and clarity for forward action with a commitment to clear measurable outcomes. Coaching offers a good return in investment for individual clients and offers a significant return on investment for companies.



Source: 2009 ICF Global Coaching Client Study



[coachfederation.org](http://coachfederation.org)

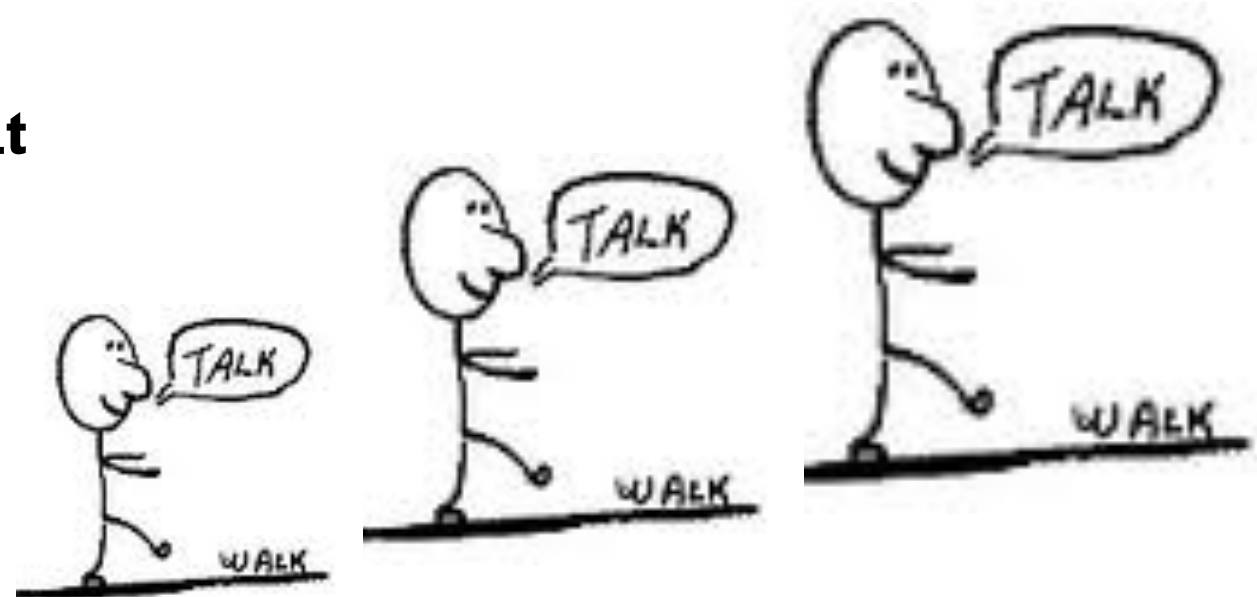
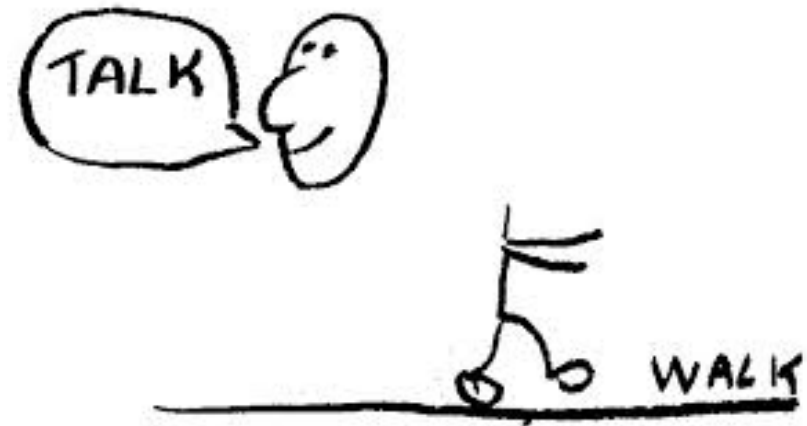
1.859.219.3580 [info@coachfederation.org](mailto:info@coachfederation.org)

Formed in 1995, today the International Coach Federation (ICF) is the leading global organization, with more than 20,000 members, dedicated to advancing the coaching profession by setting high professional standards, providing independent certification, and building a network of credentialed coaches. We exist to support and advance the coaching profession through programs and standards supported by our members and to be an authoritative source on coaching information and research for the public.



# How Our Coaching Differentiate ?

- **Blending various coaching models** to support the client in getting “unstuck” from the current situations, in order to achieve what the client aspire to pursue and excel at work.
- Emphasize on the “**togetherness**” during the coaching journey. By jointly listening into your inner voices to unleash your inner knowing, we **empower you seeing the possibilities and getting rid of your autopilot mode** to change your acts and get transformed.
- Our **systematic approach** takes into consideration of both your **behavioral result and emotional state**, as we believe in **authenticity will lead you towards a flourishing career**.







# Coaching Focus

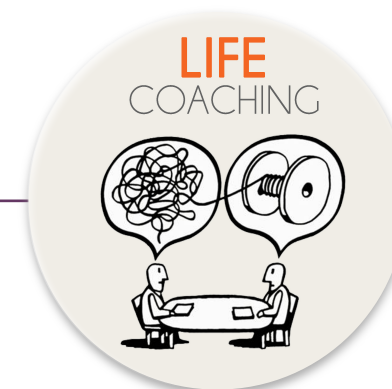


## Executive Coaching

- Leadership Coaching
- Performance Coaching



## Career Coaching



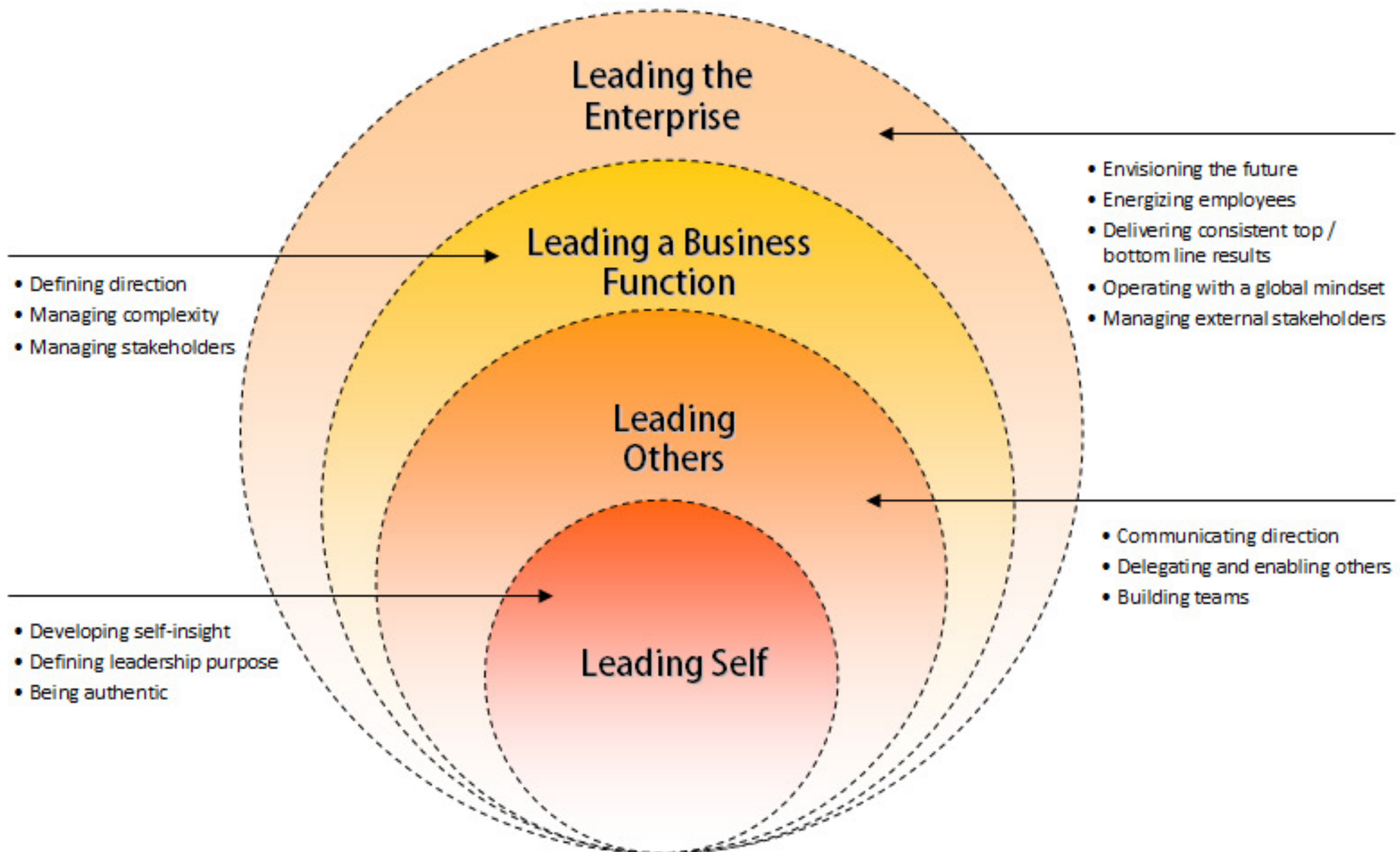
## Life Coaching

# + Executive Coaching

- Leadership Development
- Performance Excellence
- Talent Development
- Staff Empowerment & Engagement
- Team Collaboration
- Assertive Communication



# + Leadership Coaching



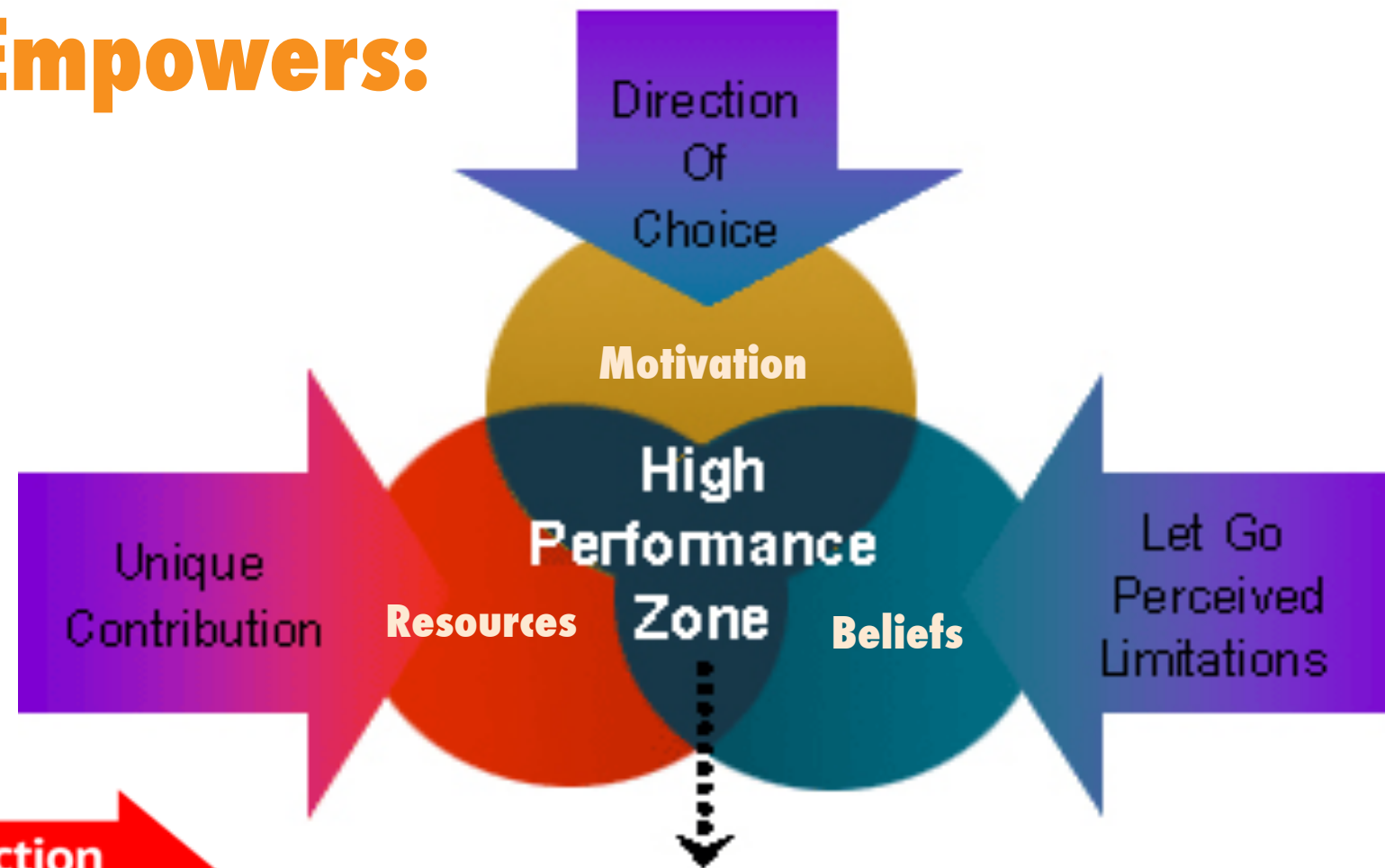
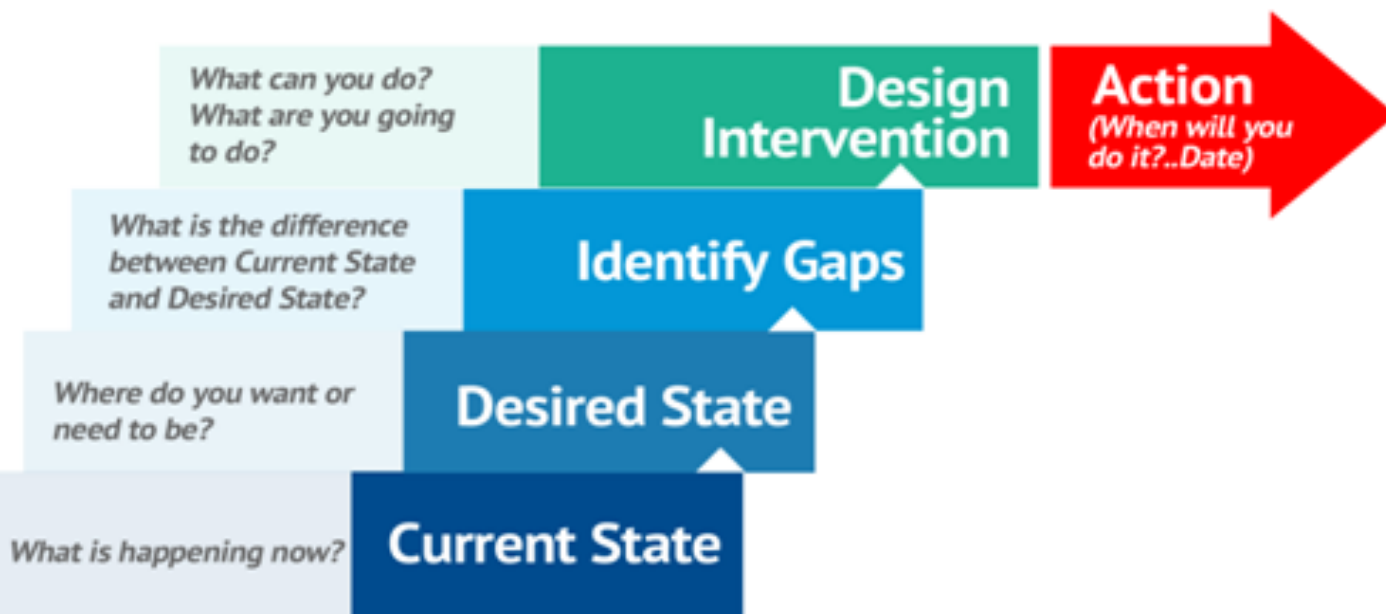


# + Performance Coaching

## Performance Coaching Empowers:

- **Self Motivation**
- **Achiever Mentality**
- **Abundant Mindset**
- **Result-oriented Act**

### Performance Coaching Process



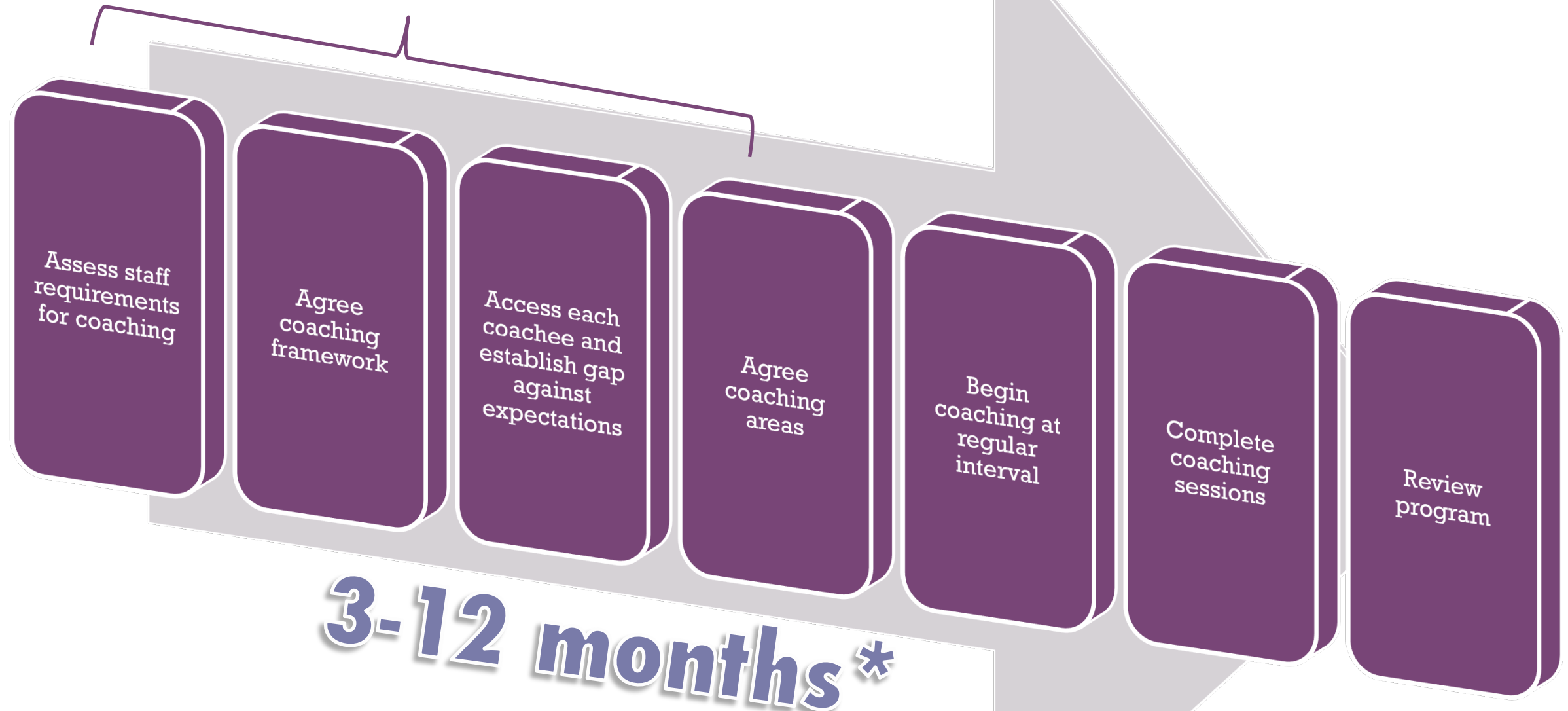
**3 Underlying Factors & Forces Driving for Performance Excellence**





# Executive Coaching Process

## Preparation & Chemistry Session (if necessary)



### \*remarks:

- Executive coaching program duration varies with coaching framework agreed and number of coachees involved



# Career Coaching





# Life Coaching

## WHY LIFE COACHING?

CREATE HARMONY AND BALANCE

FAMILY/WORK BALANCE

ELIMINATE PROCRASTINATION

ADDRESS FEARS

GOAL SETTING

COMMUNICATE MORE POWERFULLY

HANDLE TRANSITIONS

MANAGE YOUR FINANCES

GAIN CLARITY

ANGER MANAGEMENT

BODY IMAGE

REDUCE STRESS

CAREER ADVANCEMENT

DISCOVER THE REAL YOU

HEALTH AND PHYSICAL FITNESS

INCREASE CREATIVITY

RENEW LIFE'S VISION

ENTREPRENEURIAL ADVICE

IMPROVE RELATIONSHIPS

MID LIFE CRISIS

DIVORCE ISSUES

DEVELOP NETWORKING

MOTIVATION

DATING STRATEGIES

ORGANIZATIONAL SKILLS

RETIREMENT ISSUES

IMPROVING QUALITY OF LIFE

SELF ESTEEM/CONFIDENCE

MAKE A WAR ON CLUTTER

REALIZE YOUR POTENTIAL





# Professional Coaching Price List



## Executive Coaching

Minimum: 6 sessions per client  
Price: 2,000 per hour



## Career Coaching

Minimum 4 sessions per client  
Price: 1,000 per hour (student)  
Price: 1,500 per hour (adult)



## Life Coaching

Minimum 6 sessions per client  
Price: 1,500 per hour